

### Abstract

A cross member that can be used with a bed frame or bed rails to provide support for a box spring and mattress. The cross member is attachable to the side rail of the bed by a snap-in system where the ends of the cross member are comprised of slide ends that interfit into receptacles located along the side rails. A leg is used to support a bed frame member that is self adjusting by a mechanism that can be unlocked by a person to drop the leg downwardly by gravity to contact the floor and is then lockable in that extended length.